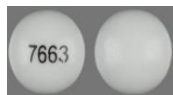




WHAT IS AROMASINE® EXEMESTANE?

- An antihormonal drug used to treat some breast cancers in postmenopausal women.
- Prescribed and renewed by your cancer specialist or registered physician.
- Available from community pharmacies on presentation of your prescription.




- Round, off-white coated tablet, **25 mg** dose with “7663” on one side
- *Generic medicines may have a different form or colour*



- Do not store above 30°C, and keep out of the sight and reach of children.
- Do not take the tablets out of the box to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened packs, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When?:.....	= 1 dose per day at a set time after a meal
How?		Swallow the tablet whole, with a glass of water, at the same time every day. Do not chew, cut, crush or dissolve them.

You can use your **medical diary*** and a **calendar** to note doses.
Do not stop taking or change how you take your treatment without consulting your doctor.
This leaflet is not a prescription, please refer to your most recent prescription.

IF YOU FORGET TO TAKE YOUR MEDICINE OR VOMIT



- **If you forget to take your medicine**, do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.
- **If you throw up**, do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.

INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS



Check with **your doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, including **grapefruit** and **St. John's Wort**, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness and the occurrence of side effects.










This treatment must only be used by women who are clearly confirmed as postmenopausal.

*Patient diary available (in French) at www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS CAN OCCUR WITH AROMASINE® EXEMESTANE?

Like all medicines, exemestane may cause side effects, although not everybody gets them.

Side effects	Prevention
 Digestive effects: abdominal pain, nausea, vomiting, diarrhoea or constipation	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of constipation , eat foods rich in fibre (bran, grains, wholemeal bread, green vegetables, fruit and nuts) and exercise regularly. In case of diarrhoea , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). In case of nausea/vomiting , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Rash	Use soap-free gel or a dermatological bar. Avoid hot water. Pat dry. Use moisturiser (cream or milk). Avoid sun exposure, particularly between noon and 4pm. Wear protective clothing, even under a parasol (UVA reflection). Use SPF 50+ sun cream, applied 30 minutes before exposure and reapplied every 2 hours.
 Hair loss	This alopecia is reversible on stopping treatment. Use a wide tooth comb or brush with soft natural bristles. Use a gentle shampoo, rinse your hair with warm water and air dry (or at low temperatures). Avoid blow drying, rollers, perms and hair dye, which could damage your hair.
 Joint and muscle pain	Exercise regularly (walking, swimming); warm up before exercising. Remember to hydrate before, during and after exerting yourself. Use a walking stick to support your joints. Avoid repetitive movements and strenuous physical effort.
 Hot flashes	Cool down with a mister; remember to hydrate. Wear cotton clothing; do not cover up too much. Avoid triggers (cigarettes, alcohol, hot or spicy food, stress).
 Swelling of the face or limbs	Eat a diet low in salt. Avoid tight clothing. If your legs swell, raise your feet when sitting. Wear compression stockings; put them on when getting up in the morning. Weigh yourself regularly. Consult your doctor if this type of swelling occurs.
 Tiredness, headache	Drink sufficient quantities (1.5 to 2 L water per day) and eat healthily, at regular intervals. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Rest during the day, while maintaining up to moderate levels of activity. Establish a sleep schedule; avoid going to bed and getting up late. Take care when driving.

Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist.

You can also ask your [Regional Pharmacovigilance Centre](#) and report any side effects online: [signalement-sante-gouv-fr](#)



Remember to go for the lab tests prescribed by your doctor.

WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Useful contacts:

Note:

Contact your doctor rapidly in case of:

- Vaginal or uterine bleeding
- Yellowing of the skin, itching
- Rapid unexpected weight gain
- Any persistent or worsening side effect

